



This Sunday offered another opportunity for everyone to get healthy and beautiful

This was a weekend for festivals and fairs at the Aruba Resort, Spa & Casino (formally the Wyndham) as not only could visitors to the resort partake of gourmet food at the Aruba Food, Wine & Art Festival, they could also get the latest news flashes on health and beauty at the Health and Beauty Fair on Sunday.

Agencies for vitamins and health products, day spas, dental clinics, opticians, and yes, even a doctor or two, offered information and best yet, FREE samples of their products and services!

The beauty crew from Dufry, led by make-up artist extraordinaire Rafael, gave free makeovers, so ladies not only left the fair with the latest in cosmetics and scents, they were more beautiful as well. Those with problem skin could also find out about the new line of Jurlique products, providing “the purest skin care on earth” for all ranges of skin types, but particularly those prone to breakouts. Jurlique offers a gentle, natural alternative to harsh chemical products that can often irritate.

Much of the vendors present represented natural food supplements, natural skin products and there was also real, old fashioned traditional remedies provided by the HERBAL farm, who explained the benefits of the curatives that can be found in Aruba’s own flora. Aloe Vera, which is natural to the island, is well known for its sometimes-miraculous results in regards to sunburn and other skin problems, but Aruba also is home to a number of other plants with natural healing properties. Syrups of rhubarb, calabas and eucalyptus are only a few of the natural home remedies they offer.

Amongst all the free demonstrations there were massages from Spa Del Sol and The Healthy Living Club, whose trained experts also explained the various muscles and tendons of the body, and how when one of these is damaged or out of shape, this can affect the entire body. Spa Del Sol offered a relaxing massage and also revealed their Mother’s Day Special of a massage, mini-facial, manicure or pedicure and use of the Jacuzzi and Steam room for only \$90! Anyone can surprise their mama with this great gift by visiting their beautiful facility at the Manchebo Resort or calling telephone #582-6145.

The experts from Vision Optica and Sun and Shade offered free eye examinations. A simple check revealed if eye pressure was healthy, and if one need vision correction for distance or close work. A great discount on quality sunglasses was a nice bonus!

Certified doctors were also on hand, and Dr. Ike Posner demonstrated some of the latest techniques in diagnostic aids, such as thermal imaging. This remarkable tool revealed the location of anomalies in normal conditions anywhere in the body, and an early warning system that further and more precise testing is needed. One of the most important aspects of treating potentially serious health problems is early detection, and thermal imaging would appear to pinpoint anywhere in the body where there is abnormal activity.

At the Visser Trading booth, Dr. Warren Josiah was on hand to conduct free blood pressure and glucose testing for any that wished it. Dr. Josiah makes his rounds of the four Visser concessions, two in San Nicolas and two in Oranjestad offering this service, and interpreting other symptoms five days a week. On Wednesdays, he also offers classes in weight reduction and the dangers of obesity at Botica Kibrahacha in Oranjestad.

Everyone left the fair better informed on health, weight control, and the latest in cosmetics and skin products, aside from more relaxed after a free massage and more beautiful after a free makeover. There was so much to see and do, it could certainly fill up a day and a bag full of free samples. For the one dollar entrance fee, it certainly was a bargain!